



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 35207, Pinon Nuts, roasted (Navajo)

Report Date: July 16, 2017 05:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	5.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Energy	kcal	541	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	2262	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein	g	7.41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Total lipid (fat) <sup>1</sup>	g	34.08	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Ash <sup>1</sup>	g	2.45	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	51.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary	g	43.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sucrose <sup>1</sup>	g	3.45	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fructose <sup>1</sup>	g	0.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lactose <sup>1</sup>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Maltose <sup>1</sup>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Starch <sup>1</sup>	g	5.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	18	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Iron, Fe <sup>1</sup>	mg	3.53	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Magnesium, Mg <sup>1</sup>	mg	152	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Phosphorus, P <sup>1</sup>	mg	345	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Potassium, K <sup>1</sup>	mg	458	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

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Sodium, Na <sup>1</sup>	mg	310	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Zinc, Zn <sup>1</sup>	mg	2.89	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Copper, Cu <sup>1</sup>	mg	0.654	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Manganese, Mn <sup>1</sup>	mg	1.740	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <sup>1</sup>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Thiamin <sup>1</sup>	mg	0.212	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Riboflavin <sup>1</sup>	mg	0.222	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Niacin <sup>1</sup>	mg	1.630	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Pantothenic acid <sup>1</sup>	mg	0.791	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin B-6 <sup>1</sup>	mg	0.116	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total <sup>1</sup>	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, food	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	11.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Tocopherol, gamma <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
<b>Lipids</b>													
Fatty acids, total saturated	g	3.210	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
10:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
12:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
14:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
16:0 <sup>1</sup>	g	2.290	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
17:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:0 <sup>1</sup>	g	0.750	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:0 <sup>1</sup>	g	0.130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:0 <sup>1</sup>	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
24:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total monounsaturated	g	15.570	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
14:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated <sup>1</sup>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:1 undifferentiated <sup>1</sup>	g	15.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:1 <sup>1</sup>	g	0.210	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:1 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total polyunsaturated	g	14.420	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
18:2 undifferentiated <sup>1</sup>	g	14.200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:3 undifferentiated	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:4 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c <sup>1</sup>	g	0.080	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD